

AFRH - G / Master Menus Week of 06 / 13 / 2022 / Cycle 1 - Diet Line

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the DIET LINE items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jun 13th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chick Noodle & Vegtarn Veg Soups DL Sausage & Veggie Casserole Club Quarters on Wheat / DL Pot Logs DL Coleslaw / DL Squash & Carrots Wheat Rolls / Cornbread	DL Chick Noodle & Vegtarn Veg Soups DL Chicken A-LA-King w/Linguini DL Whole Green Bean DL Cape Cod Blend w/Toasted Pine Nuts Wheat Rolls
T U E S Jun 14th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Veg, Beef, Brly & Vegetarian Veg Soups DL Grilled Chick - Breast & Thigh DL Baked Sweet Potato DL Cabbage DL Green Baby Lima Beans w/Ons & Corn Wheat Rolls	DL Veg, Beef, Brly & Vegetarian Veg Soups DL Baked Fish Almandine Baked Potato w/FF Sour Cream DL Baby Carrots / Sliced Rst Beef DL Broccoli Florets Wheat Rolls
W E D Jun 15th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Kansas Steak & Vegetarian Veg Soups DL Chick Salad / DL Veg Pizza DL Ranch Red Potatoes / Wheat Rolls DL Sautéed Brussel Sprouts DL Sautéed Fresh Zucchini Chunks	DL Kansas Steak & Vegetarian Veg Soups DL Grilled Chicken Breasts & Thighs DL Mashed Potatoes w/ DL Grvy DL Green Peas w/ Pearl Onions DL Pickled Beets / Wheat Rolls
T H U Jun 16th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grmt Trky Salad/ Veg Cutely w/DL Grvy DL Mashed Potatoes w/ DL Grvy DL Mndrn Orng, Bluebry Spnch Sal w/Almnd DL Caribbean Blend Veggie/ Wheat Rolls	DL Chili Bean & Vegetarian Veg Soups DL Pork Loin w/ DL Pork Gravy DL Asian Stir Fried Rice / DL Egg Rolls DL Asian Vegetables / Fortune Cookies DL Sugar Snap Peas / Wheat Rolls
F R I Jun 17th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chick & Rice & Vegtarn Veg Soups DL Sautéed Shrimp DL Smothered Potatoes DL Bermuda Blend Veggies DL Snappy Slaw Blend / Wheat Rolls	DL Chick & Rice & Vegtarn Veg Soups DL Turkey Meatloaf w/DL Gravy DL Diced Pot w/ DL Cheese Sauce on Side DL Grilled Vegetable Medley DL Asparagus / Wheat Rolls
S A T Jun 18th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Knckrbockr Soup & Vegtarn Veg Soups DL Ground Turkey 'n DL Tomato Sauce DL Wheat Spaghetti / Meatless Tomato Sauce DL Sweet Corn/ DL Spinach / DL Tacos Garlic Bread / Wheat Rolls	DL Knckrbockr Soup & Vegtarn Veg Soups DL BBQ Pulled Pork DL Scallop Pot / Western Baked Beans DL Steamed Broccoli DL Carrots / DL Coleslaw Wheat Rolls
S U N Jun 19th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	Juneteenth & Father's Day Meal Loaded Gumbo/ Loaded Jambalaya/ BBQ Ribs Oven Fried & Grilled Chick Brst & Thgh Mac w/DL Cheese/ Collards/ Tom Sal/ Pot Sal Seasoned Red Beans & Rice / Fruit Bowl DL Fruit Lemonade / Strawberries / Cornbread	DL Home Style Veg & Vegtarn Veg Soup DL Sliced Roast Beef / DL Gravy DL Mashed Potatoes w/ DL Gravy DL Cauliflower / DL Green Beans Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Green Pea w/Carrot Salad / Strawberry
Marinated Cucumbers / Orange
Broccoli Salad / Cherry
German Tomato Salad / Lemon
Potato Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves